

# Tuckahoe i-tri Schedule 2018

March 2018						
Sunday	Monday	Tuesday	Wednesd	Thursday	Friday	Saturday
				<b>1</b> Tuckahoe-lunch meeting	<b>2</b>	<b>3 i-tri Kickoff Retreat Day</b> Pierson Gym Sag Harbor 1-4pm
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>9</b>	<b>10</b> <b>swim evals</b> East Hampton YMCA 2:30
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>16</b>	<b>17</b> <b>YMCA</b> <b>1:00-2:30</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>23</b>	<b>24</b> <b>YMCA</b> <b>1:00-2:30</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Afterschool Sports Bus to SIS <b>Empowerment &amp; Fitness +</b> <b>NUTRITION 5:30-7pm</b> (bus is available at 5)	<b>30</b>	<b>31</b> <b>NO</b> <b>PRACTICE</b> SPRING BREAK
<p><b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS &amp; SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT-TOWEL AND FLIP FLOPS</b></p>						



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740

[www.itrigirls.org](http://www.itrigirls.org)

# Tuckahoe i-tri Schedule 2018

April 2018						
Sunda	Mond	Tuesday	Wednes	Thursday	Friday	Saturday
1	2	3	4	5 No i-tri SPRING BREAK	6	7 YMCA 1:00-2:30
8	9	10	11	12 Afterschool Sports Bus to SIS Empowerment & Fitness Bus home or pickup at 5pm	13	14 Mentoring Day- EHMS 10am-1:30am *time may change
15	16	17	18	19 Afterschool Sports Bus to SIS Empowerment & Fitness + NUTRITON 5:30-7pm (bus is available at 5)	20	21 YMCA 1:00-2:30
22	23	24	25	26 Afterschool Sports Bus to SIS Empowerment & Fitness Bus home or pickup at 5pm	27	28 YMCA 1:00-2:30
29	30	<p><b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS &amp; SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT- TOWEL AND FLIP FLOPS</b></p>				



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# Tuckahoe i-tri Schedule 2018

May 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness + NUTRITON 5:30-7pm</b> (bus is available at 5)	<b>4</b>	<b>5 YMCA</b> <b>1:00-2:30</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>11</b>	<b>12 YMCA</b> <b>1:00-2:30</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>18</b>	<b>19 BIKING</b> 1-2:15 Springs School
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>25</b>	<b>26 YMCA</b> 1:00-2:30 SWIMATHON
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm		
<p><b>PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL THURS &amp; SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT-TOWEL AND FLIP FLOPS</b></p>						

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# Tuckahoe i-tri Schedule 2018

June 2018						
Sunday	Monday	Tuesday	Wedn	Thursday	Friday	Saturday
					<b>1</b>	<b>2 BIKING</b> 1-2:15 Springs School
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7 Afterschool</b> Sports Bus to SIS <b>Empowerment &amp; Fitness</b> Bus home or pickup at 5pm	<b>8</b>	<b>9 BIKING</b> 1-2:15 Springs School
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>No i-tri</b>	<b>15</b>	<b>16</b> <b>SWIM/RUN</b> Maidstone 1-2:30
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21 no i-tri</b>	<b>22</b>	<b>23 NO PRACTICE</b>
<b>24</b>	<b>25</b> On course practice Sag Harbor Time & Transportation details TBD	<b>26</b> On course practice Sag Harbor Time & Transportation details TBD	<b>27</b>	<b>28</b> On course practice Sag Harbor Time & Transportation details TBD	<b>29</b>	<b>30</b>



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# Tuckahoe i-tri Schedule 2018

July 2018						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
1	<b>2</b> On course practice Sag Harbor Time & Transportation details TBD	<b>3</b> On course practice Sag Harbor Time & Transportation details TBD	<b>4</b>	<b>5</b> On course practice Sag Harbor Time & Transportation details TBD	<b>6</b>	<b>7 Pre-Race Meeting &amp; Family Event</b> 1-3:30pm EHHS
8	<b>9</b> On course practice Sag Harbor Time & Transportation details TBD	<b>10</b> On course practice Sag Harbor Time & Transportation details TBD	<b>11</b>	<b>12</b> On course practice Sag Harbor Time & Transportation details TBD	<b>13</b>	<b>14 RACE DAY</b> Girls arrive 6:30am Race 7:30-9:30

These final practices are incredibly important! IF you can not make it for a valid reason- make sure to text Theresa or Alyssa to let us know. Theresa- 631.902.3731 Alyssa – 516.426.9740  
**Girls need to wear their bathing suits under SPANDEX shorts and i-tri shirt. Wear RUNNING SHOES- bring towel and water bottle- Eat a good breakfast – apply sunscreen and drink water BEFORE coming- pack a snack or LUNCH for the ride home!**



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